







# STAYING HEALTHY DURING SPRING HOLIDAYS

Celebrating virtually or with the people you live with is the safest choice right now. If you do gather with people who don't live with you, make a plan to stay healthy.

## BEFORE THE GATHERING

-  Have conversations ahead of time to understand expectations for celebrating together.
-  [Get vaccinated](#) if you are able. While full protection takes time to build after being vaccinated, some protection is better than none.
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  - If you will travel, get tested one to three days before traveling. Keep the result with you.
  - Review [MDHHS Travel Safety During COVID-19](#) for information about staying safe.
  - If traveling out of state, check out [CDCs Travel Planner](#) for information about state mandates (e.g., masks, quarantine, gathering limits).
-  Stay home if you or other attendees are sick or may have been exposed to COVID-19.
-  Limit contact with others as much as possible for 10 days before the gathering. Other guests should as well.
-  Review [MDHHS Epidemic Orders](#) for gathering and mask requirements.

## DURING THE GATHERING





| SAFEST GATHERING   |   | LEAST SAFE GATHERING  |
|--|---|---|
| Gathering outdoors   | Gathering indoors with good ventilation (e.g., windows and doors open)                                | Crowded, indoor gatherings with poor ventilation                      |
| No food served   | Guests bring their own food or single-use/disposable items used (e.g., silverware, condiment packets) | Pot-luck style meals with shared utensils                             |
| Everyone wears a mask*   |   | Masks not worn by people who are not <a href="#">fully vaccinated</a> |
| Everyone stays 6 feet from others  |   | No social distancing, contact between guests                          |
| Frequently touched surfaces and objects are <a href="#">cleaned and disinfected</a> frequently |   | Surfaces and objects not cleaned frequently                           |
| Everyone washes or sanitizes hands frequently  |   | Hand sanitizer or hand washing is not available to guests             |

\*In Michigan, masks are no longer required for people who are [fully vaccinated](#) at residential gatherings.

## AFTER THE GATHERING

- If you traveled, get tested three to five days after your trip and stay home for a full 7 days after traveling, even if your test is negative.
  - MDHHS is hosting post-spring break testing clinics for convenient testing of spring break travelers. Visit [Michigan.gov/CoronavirusTest](https://Michigan.gov/CoronavirusTest) to find a test site near you.
  - If you don't get tested, stay home (quarantine) for 10 days after your trip.
- Monitor yourself for symptoms and let others know right away if you feel sick. Other guests should too. If you do feel sick, isolate right away and get tested.
- If you find out you were exposed to COVID-19, quarantine and consider getting tested. Individuals who are fully vaccinated are not required to quarantine following exposure to a person with COVID-19.

## PEOPLE WHO SHOULD NOT ATTEND GATHERINGS

-  People who have COVID-19 or symptoms of COVID-19
-  People who are quarantining due to exposure to COVID-19
-  [People who are at risk for severe illness](#) from COVID-19
-  People who do not wish to follow mitigation measures (e.g., mask wearing, distancing, hand washing)

## ALTERNATIVES TO GATHERINGS

If you're looking for safer ways to observe religious and spiritual holidays you can:

- Gather virtually or outside, at least 6 feet apart from others
- Enjoy traditional meals with those who live with you
- Prepare and deliver a meal to a neighbor
- Practice religious holiday customs at home
- Watch virtual religious and cultural performances
- Attend religious ceremonies virtually